
GET INSPIRED!

Tips and tricks to revitalize your time in the kitchen

Other Ways to Boost Your Kitchen Inspiration:

Here are a few other ideas to help pull yourself out of a cooking rut:

- Take a cooking class! Find a meal component or cooking style that you'd like to learn more about and sign up for a nearby course.
- Watch a cooking show or two! These programs offer lots of innovative ways to look at food. Put a healthy spin on whatever inspires you — it'll be a great way to get back into the kitchen with more energy.
- Cook with friends! Cooking doesn't have to be a chore. Grab a few friends, crank some tunes, and dance your way through meal prep.

Web Resources:

Often the best way to decide on dinner when you're in a rut is to read writing from someone who is passionate about food. Their energy and creativity shine through their words, making it tough not to get caught up in their enthusiasm. And getting caught up in it is the perfect way to find fresh inspiration.

To start, try a food blog! These bloggers don't necessarily have to be "healthy" chefs. Once you have the inspiration, you can transform any dish into a healthier version of the original. Going to these blogs is meant to reenergize you and offer new ideas. So what food sites interest you? What restaurants/ cooking styles sound like the most fun?

